Ottawa metro

Your essential daily news | WEDNESDAY, AUGUST 31, 2016 | High 26°C/Low 14°C Scattered thunderstorms

BACK-TO-SCHOOL
Lunches for the discerning palate
(Hint: It's not an apple)
metroLIFE

Critical cycling collisions spur calls for change

INFRASTRUCTURE

City working to fill the gaps — but 'we're not there yet': Councillor

Lucy Scholey
Metro | Ottawa

Two critical cycling collisions in as many days.

It's a sign the city needs to pump up its cycling infrastructure, say two city councillors.

Just before 10 a.m. on Tuesday, paramedics rushed to the intersection of Ogilvie and Cyrville roads, where an SUV struck a cyclist. The man, who paramedics say was in his late 50s or early 60s, was unconscious when emergency crews arrived. He was sent to the hospital in critical condition.

A day earlier, paramedics rushed a 45-year-old cyclist to the Trauma Centre with severe head injuries.

A car struck the man at the Donald Street-Vanier Parkway intersection at around 6:30 a.m. Again, he was unconscious and sent to hospital in critical condition.

Ottawa police are still investigating both incidents.

"It's still scary to read about this," said Rideau-Rockcliffe Coun. Tobi Nussbaum, who represents the ward where the first cyclist was injured. "(It) underlines the importance and the need for us to do more on dedicated cycling infrastructure."

Tragically, a multiuse pathway is in the works for Cyrville Road — near Tuesday's collision.

Beacon Hill-Cyrville Coun. Tim Tierney has been pushing for more bike infrastructure in the area, including a segregated cycling lane on Ogilvie Road. There's a one-kilometre stretch of the road that's without any bike lanes.

"It's one of those black hole gaps that exist in our system," he said. "I think we have to really close in those gaps — staff are working hard, but we're not there yet."

JUSTIN TANG/FOR METRO

'I shouldn't have to start over from square one'

Julie Hodges spent 18 months studying at Everest College before it suddenly closed. More than a year later, the single mom is still without a diploma

metroNEWS

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metro NEWS

Your essential daily news

McDonald's introduces a healthier McNugget. **Business**

From the streets to city hall, artist paints new life

HOUSING

Art piece marks successes of homelessness initiative

Emma Jackson
Metro | Ottawa

It was art that helped Chi Wei Lee get off the street, and now his art will commemorate Ottawa's efforts to end homelessness.

Lee unveiled his painting, Transitions, on Tuesday as Mayor Jim Watson announced the city has now housed 297 chronically homeless residents since launching the Housing First initiative a year ago. The news comes four months early, and nearly 50 people over target.

Lee's large, colourful piece features 250 keys representing the first 250 people to be permanently housed under the new program.

But to Lee, each key also signifies a return to dignity, security and freedom.

"They tell me a story that those are the things that each of them got back," he said.

Lee knows what that feels like.

In 2011, Lee's long-estranged father called him and told him he was dying. Lee took it badly, and fell into depression.

By January 2012 he was at the Salvation Army's doorstep downtown, looking for shelter. He remained there for 18 months.

His turning point came on a Monday, when he attended a weekly two-hour arts and crafts program run by the shelter's chaplain.

Always artistic but never officially an artist, it was at these sessions that Lee found the courage to finally embrace his passion.

"It gave me something to ground myself to again," Lee said. "When you become homeless, even when you're living in a shelter, you lose certain liberties. Yes, your meals are provided, your shelter is provided, but there are curfews, there are meal times. Those things you don't really take stock of until you're in that situation and you're sitting in the canteen and you think, 'My God, I've really lost control of my life.'"

He eventually teamed up with the chaplain to develop an art show highlighting clients' work. It's become an annual event, with the fourth show scheduled for Oct. 20 this year.

Lee knows he's only ever a paycheque away from being homeless again. But he said he "feels good," because he has created a new network for himself along his journey.

"I know I have people I can count on, I can depend on," Lee said. "I don't have a family here (in Canada), so at the end of the day I'm a homeless person no matter what I do. But I found a family in the Salvation Army."

Artist Chi Wei Lee was commissioned to paint 'Transitions' to commemorate the first 250 people housed under the city's Housing First initiative. Those 250 people are represented on the painting as keys, exemplifying their restored dignity, security and personal freedom. EMMA JACKSON/METRO

BY THE NUMBERS

22,000
Number of Ottawa households paying more than 50 per cent of their gross income on rent and utilities each month.

10,099
Number of people on the subsidized housing wait list as of December 2015.

6,825
Number of people who used an Ottawa shelter in 2015.

73
Average number of nights those clients spent at the shelter.

148
Number of supportive housing units built between 2015 and 2017.

SHELTERS

Milestone just the first step

Even as city councillors and housing advocates celebrated an important Housing First milestone Tuesday, Mayor Jim Watson acknowledged there's still work to be done.

And Mike Bulthuis, director of Alliance to End Homelessness Ottawa, couldn't agree more.

While 297 chronically homeless residents have been housed since last June — an accomplishment in its own right, Bulthuis said — shelter use still went up in 2015 by 317 clients. The goal is to decrease the number of shelter users by 500 people each year.

Many of those new shelter users were adults over 50 and families with children under 17.

"That context of homelessness across the city is important to keep in mind on a day like today," Bulthuis said.

The city adopted a 10-year housing and homelessness plan in 2013, which takes a housing-first approach to eventually eradicate homelessness completely.

Bulthuis said planning tools are key to meet that goal, especially with an affordable housing shortage.

More rent supplements and housing allowances could be implemented almost immediately to help people afford private-market units while new affordable units are underway.

For the foreseeable future, the city needs to support both outreach programs and housing-first initiatives, to make sure homeless residents have support until more housing stock becomes available, he said.

EMMA JACKSON/METRO

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Search on for missing boater, mother

MISSING PERSONS

Man's sailboat found; police looking for woman, baby

Lucy Scholey
Metro | Ottawa

Ottawa police continued their search for a missing boater on Tuesday.

Stephen Cozzette, 57, was last seen on his sailboat in the Ottawa River at around 1 p.m.

A passerby found the sailboat with the engine still running on the Quebec side of Constance Bay.

An airplane search team assisted the police's Marine, Dive and Trails Unit as they continued to look for any signs of Cozzette. Police said they would resume the search again on Wednesday.

He's described as about five-foot-seven, 170 pounds, bald with short grey hair on the sides and a small scar above his right eyebrow.

Meanwhile, police are also looking for a missing mother and her five-week-old baby boy.

Madeline Atagootak, 20, of Ottawa, was reported missing on the evening of Aug. 26. She was last seen in the Somerset Street East area at around noon.

She's described as five-foot-two, 115 lbs with brown hair past her shoulders.

If you have any information about Cozzette or Atagootak, you can contact the Missing Persons Unit at: (613) 236-1222 ext 2355 (Monday to Friday, 8 a.m.-4 p.m.) or (613) 236-1222 ext 7300 for 24 hour assistance.

Stephen Cozzette.
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BACK TO SCHOOL

Police, community prepare for frosh

Emma Jackson
Metro | Ottawa

Ah, Sept. 1: harbinger of cooler nights, pumpkin spice everything and that nagging fear the entire cast of Animal House is moving in next door.

As thousands of college and university students flood the capital for another school year, residents in Sandy Hill, Old Ottawa South and College Square are bracing for an increase in parties and a drop in property standards.

But it doesn't have to be us-versus-them, said Coun. Mathieu Fleury.

The Town and Gown committee in Sandy Hill, for example, pulls together representatives from the school, community association, student groups, landlords and police to address problems proactively.

"It's a huge difference just having the right partners at the table on a regular basis," Fleury said.

This Tuesday, the committee will host a "welcome walkabout" to deliver information packages to student houses and inform them of their tenant rights and responsibilities.

"It's not a scare tactic," said Fleury. "The goal is to spread information and a welcome to the community, but also to ask them to be aware of your surroundings."

Particularly during frosh week, that self-awareness may be subdued, according to Const. Marc Soucy.

He said police officers make a point of being "highly visible" in cars, on foot and on bikes. They welcome students, but also have zero tolerance for underage drinking and excessive intoxication.

Luckily, Soucy said workloads tend to solve the party problem by mid-September.

"University is serious study, so they tone it down," he said.

Parties and property standards are the top concerns in Sandy Hill, which has developed a Town and Gown committee to address student housing issues proactively.
EMMA JACKSON/METRO

SENTENCING

Education assistant jailed for sex assault on student

A former educational assistant who preyed on a 16-year-old male student has been sentenced to 14 months in jail and two years of probation.

Katherine Kitts, 46, worked at Sir Robert Borden High School until she was arrested in October 2014 for sexual assault, sexual exploitation and telecommunication with a person under 18.

She pleaded guilty to sexual exploitation and the additional charges were stayed.

Justice Celynne Dorval opted for a longer sentence and questioned how her actions could be a "lapse of judgement" when the abuse involved 15,000 text messages, threats and secretive sex over two years.

HALEY RITCHIE/METRO

The Government isn't listening to you.

Their policy for plain packaging on cigarettes is being rushed through after a short Public Consultation that ends today. How much of a 'consultation' can that be if only 1 in 10 Canadians understand what it's about?

Does that seem right to you?
Check out BothSidesoftheArgument.ca

(Source: A Forum poll of 2,000 Canadians in August 2016) This is a JTI-Macdonald Corp. initiative.

Everest student schooled in bad luck

EDUCATION

Wants credit for time spent in cardiology course

Haley Ritchie
Metro | Ottawa

A year-and-a-half after her school suddenly closed its doors, former Everest College student Julie Hodges says she's caught in a bind and hasn't received enough help from the government or the school.

Hodges was enrolled in the 18-month Cardiology Technologist program at Ottawa's Everest College campus.

A single mother with a nursing background, she said took a leap of faith to change careers and pursue a passion for heart health and pacemakers.

She spent 18 months writing exams and studying, promising her two kids that everything would pay off.

"I wasn't leaving nursing, I was bringing it with me," said Hodges. "I wanted to expand, I wanted a challenge. When we did the pacemaker section, I fell in love — completely head over heels."

Hodges was still studying, five days away from her final exam, when the students were told they had to leave and the college was closed.

The school's licence was suspended in February 2015 and 14 Everest College campuses across the province were shut down. The operating business, Corinthian Colleges, filed for bankruptcy, leaving 2,400 students stranded.

Former Everest College student Julie Hodges has the hoodie but not the diploma from the cardiology program. JUSTIN TANG/FOR METRO

The Ministry of Training, Colleges and Universities offered students two options: to get a partial refund for their education or put the money towards completing their training elsewhere.

Many of her fellow students transferred to Mohawk College in Hamilton, but Hodges couldn't uproot her 17-year-old son and 12-year-old daughter and move across the country for six months of coursework.

She decided to wait for another school that was planning to open a new cardiology program in Ottawa.

In an emailed statement, Advanced Education Minister Deb Matthews said the department's "top priority" was the students affected by the Everest College closure.

"While the ministry was able to identify alternate training completion options for a majority of students, the Superintendent was unable to identify alternate training completion providers for the Cardiology Technologist program in Ottawa and Toronto, as no reasonable and comparable training completion options were available in the area," she wrote.

"Full refunds for Cardiology Technologist students in Ottawa and Toronto were processed in January of 2016."

While Hodges was waiting, OSAP came knocking: notifying her that payments would be due starting in December, since she had been out of school for six months. Hodges was told there were no extensions for Everest students and she accepted the Ministry's offer to pay her Everest tuition back.

The Canadian National Institute of Health in Ottawa is now accepting applicants, but the school said it can't make any exceptions for Everest students.

"We're offering an online cardiology program, while Everest was offering a ground program," said CNIH campus director Melissa Kingston. "They're two different programs."

Hodges is frustrated, personally and financially.

"I thought the hardest part of this course would be to do to the course and write the exam. It turns out the hardest thing has been to hang on and do nothing," she said.

"I shouldn't be charged $40,000 for a course I already took.

"I should be able to apply for some exemptions. I shouldn't have to start over from square one when I already gave 18 months of my life to this."

> **I shouldn't have to start over from square one when I already gave 18 months of my life to this.**
> Julie Hodges, former Everest College student

SHARE STORY

We want to hear from you
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VICTIMS OF COMMUNISM

Heritage launches design competition

Canadian Heritage has officially launched the design competition for the controversial Victims of Communism monument.

The monument is meant to inspire visitors and residents to reflect on the "impact of communism and the importance of democracy" according to documents released Monday.

The new two-phase design competition will consist of a Request for Qualifications, with a deadline of Oct. 11 and a second Request for Proposals that will see teams submit final design concepts and a final version chosen.

Heritage Minister Melanie Joly

"Whatever its rhetorical promise, the reality of communism has resulted in suffering, oppression and deprivation," read the documents. "The Memorial will prompt visitors to reflect on the meaning of liberty and remind them that the core Canadian values that unite us must continue to be vigilantly protected."

The all-inclusive budget, according to the RFP, is $2.37-million. Half of that is expected to come from a private organization called Tribute to Liberty.

The previous Conservative government pledged $5.5-million towards a much bigger version of the monument that would claim 5,000 square metres and sit across from the Supreme Court building.

The site now consists of a grassy 500 square metres beside the Garden of the Provinces and Territories along Confederation Boulevard.

The budget has gone through several changes in the two years since it was announced. This latest number breaks down to $2-million for the construction of the monument, $50,000 for site decontamination, $300,000 for the design and a travel allocation of up to $20,000 for the winning design team.

The Department of Canadian Heritage will contribute another $500,000 toward the development of the memorial's design. HALEY RITCHIE/METRO

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TALIBAN

Captured Canadian and his wife plead for lives

Joshua Boyle and his wife Caitlan Coleman. SCREENGRAB

A Canadian and his American wife have appeared in a new video pleading for their lives.

Joshua Boyle and Caitlan Coleman were kidnapped by the Taliban in 2012 while on a backpacking trip in the mountains of Afghanistan.

In the video shared by SITE Intelligence group Boyle, 33, and Coleman, 31, say that if the Afghan government doesn't stop executing Taliban prisoners, their captors will kill them.

"They will execute us, women and children included, if the policies of the Afghan government are not overturned either by the Afghan government or by Canada somehow, or United States," Boyle says.

In May, the Afghan government hanged six inmates linked to the Taliban. Coleman was pregnant when the couple was kidnapped in 2012. In November her parents received a letter telling of how she'd given birth to a second child while being held in captivity. TORSTAR NEWS SERVICE

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Canadian Prime Minister Justin Trudeau, his wife Sophie Grégoire Trudeau and daughter Ella-Grace arrive in Beijing, China, on Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

China visit all about economy

FOREIGN AFFAIRS

In first official visit, Trudeau must get down to business

When Prime Minister Justin Trudeau visited Washington D.C. for a state dinner, his job was to dazzle. But on his first official visit to China as prime minister, Trudeau must get right down to business.

Where is he visiting? After landing in Beijing around midnight on Tuesday, Trudeau plans to visit Shanghai, Hangzhou and Hong Kong before departing on Sept. 7.

Who's travelling with him? The prime minister is bringing his wife, Sophie Grégoire Trudeau, and seven-year-old daughter Ella Grace. Cabinet members Finance Minister Bill Morneau, Foreign Affairs Minister Stéphane Dion and International Trade Minister Chrystia Freeland will also join him.

What does he hope to accomplish?

1. G20: Trudeau will attend the G20 summit in Hangzhou, where he will meet with finance ministers and leaders from all around the world to discuss the globalized economy.
2. Free trade: A free trade deal with China, Canada's second-largest trading partner, would be a big get for Trudeau's government.
3. Canola: Recent restrictions on the amount of foreign material, such as weeds and other crops, in Canada's canola exports could mean big losses for farmers. China buys 87 per cent of its canola from Canada, and is asking producers to cut the level of foreign material in deliveries by more than half for health and safety reasons by this Thursday.
4. Spies: Trudeau is expected to bring up Kevin Garratt, a Canadian missionary who was charged with espionage last January and is held in prison in China.
5. Human rights: While many would like to see Trudeau take a stand against China's human-rights record, it's a touchy subject and one that will be difficult for him to broach while negotiating economic issues.

TORSTAR NEWS SERVICE

CRIME

Sexual misconduct in military punished

The Canadian Armed Forces says it is making progress in the fight against sexual misconduct in the ranks, but much more work needs to be done.

In an update Tuesday, the military said it completed 51 investigations into inappropriate sexual behavior between April and July.

As a result, 30 people had received "career-impacting" punishments ranging from fines to outright dismissal from the forces. Three more were referred to civilian authorities while the perpetrators in four cases could not be identified.

Ten cases were considered unfounded.

Defence chief Gen. Jonathan Vance, who has made the elimination of sexual misconduct a priority, described the results as a "good start." But Vance acknowledged much work remains to be done after the report showed there were 97 other cases of inappropriate and harmful sexual behaviour under investigation in the same period. THE CANADIAN PRESS

Kurdish Peshmerga forces inspect a site marked with a sign reading "Kurdish mass grave" in Iraq in 2014. THE ASSOCIATED PRESS

Mass graves discovered

TERRORISM

Remains of up to 15,000 Daesh victims found in Iraq

Peering through binoculars, the young man watched as Daesh extremists gunned down the handcuffed men and then buried them with a waiting bulldozer. For six days he watched as Daesh filled one grave after another with his friends and neighbours.

The five graves arranged at the foot of Sinjar mountain hold the bodies of dozens of minority Yazidis killed in Daesh's bloody onslaught in August 2014. They are a fraction of the mass graves Daesh extremists have scattered across Iraq and Syria.

In exclusive interviews, photos and research, The Associated Press has documented and mapped 72 of the mass graves, the most comprehensive survey so far, with many more expected to be uncovered as Daesh's territory shrinks.

In Syria, AP has obtained locations for 17 mass graves, including one with the bodies of hundreds of members of a single tribe all but exterminated when Daesh extremists took over their region.

For at least 16 of the Iraqi graves, most in territory too dangerous to excavate, officials do not even guess the number of dead. In others, the estimates are based on memories of traumatized survivors, Daesh propaganda and what can be gleaned from a cursory look at the earth.

Still, even the known numbers of victims buried are staggering — from 5,200 to more than 15,000.

On Sinjar Mountain, Rasho Qassim drives daily past the mass grave in Hardan that holds the bodies of his two sons.

The sites are roped off and awaiting the money and the political will for excavation.

"We want to take them out of here. There are only bones left. But they said 'No, they have to stay there, a committee will come and exhume them later,'" said Qassim. THE ASSOCIATED PRESS

HILLARY CLINTON

Benghazi emails recovered

The U.S. State Department says about 30 emails that may be related to the 2012 attack on U.S. compounds in Benghazi, Libya, are among thousands of Hillary Clinton emails recovered during the FBI's recent investigation into her use of a private server.

Government lawyers told U.S. District Court Judge Amit P. Mehta Tuesday that an undetermined number of the emails among the 30 were not included in the 55,000 pages previously provided by Clinton. The State Department's lawyer said it would need until the end of September to review the emails and redact classified information before they are released. THE ASSOCIATED PRESS

FRANCE

Burkini ban a 'stupid reaction': UN official

The United Nations human rights office says local bans in France on burkini swimwear amount to "a grave and illegal breach of fundamental freedoms" and a "stupid reaction" to recent extremist attacks.

OHCHR spokesman Rupert Colville says the rights agency wants local officials to "immediately" lift the bans, saying they don't increase security.

A French high court has struck down on French towns' ban on the burkini, effectively invalidating such bans in about 30 towns, though many remain.

Colville says such bans "fuel religious intolerance and the stigmatization of Muslims," and "have only succeeded in increasing tensions."

In Cannes, a French court has overturned a ban on burkinis.

Colville said people who wear burkinis or any another clothing "cannot be blamed for the violent or hostile reactions of others." THE ASSOCIATED PRESS

Women protest the burkini ban in London on Friday. AFP/GETTY IMAGES

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McNuggets quietly turn McHealthier

McDONALD'S

Mac & Cheese, Hamburger Helper made similar moves

Nicola Pitman, director of menu management at McDonald's Canada, shows their new, healthier McNuggets made in a test kitchen at McDonald's headquarters. TORSTAR NEWS SERVICE

It's a McNugget mystery of sorts — the ultimate blind taste test that has kept Mickey-D fans in the dark.

The world's largest hamburger chain did a recipe reboot of its most kid-friendly food. It's now lower in calories and sodium, and McDonald's Canada introduced it — quietly — a month ago.

If you've eaten the mega-popular chicken treat in August then you've probably already tried the new version, which is free of artificial preservatives and minus the chicken skin that the giant chain used for flavour and binding.

As inventories of the original McNuggets were cleared, most Canadian locations started using the new ones (which are delivered frozen), and over the last two weeks they have been served in all restaurants, the company says.

But if it's a McHealthier move that will especially please parents, why not shout it from the rooftops of the Golden Arches? "I think people know we are doing lots with our menu," said Nicola Pitman, director of menu management at McDonald's Canada.

Established fast food chains have been scrambling to step up the image of their food amid stiff competition from smaller rivals promising wholesome alternatives. Kraft Heinz successfully made a similar move when it announced last March that it had quietly stripped its signature Mac & Cheese dinners of artificial flavours, preservatives and dyes three months earlier from the 79-year-old neon orange noodles — and virtually no one noticed. They sold the same amount as usual over that time.

Others, such as, General Mills have also made stealth moves (they quietly reduced sodium content in Hamburger Helper over six years to 2014) which observers say is intended to combat consumer perceptions that tinkering with a classic recipe would hurt the taste — à la the disastrous New Coke.

TORSTAR NEWS SERVICE

CONTRACT TALKS

Canada Post, union reach deals

Labour Minister MaryAnn Mihychuk says Canada Post and the Canadian Union of Postal Workers have reached tentative agreements.

In a statement, Mihychuk says the agreements were reached "voluntarily," but provides no other details about the deals themselves.

The issue of differences in paycheques for rural mail carriers — most of whom are women — and urban letter carriers had been at the forefront of protracted contract talks between the two sides.

The negotiations were extended twice since the weekend, when a deadline expired on a 72-hour job action notice issued last Thursday by the Canadian Union of Postal Workers.

The two sides were in talks nearly around the clock at the request of a special mediator appointed Friday by Mihychuk.

Canada Post described the tentative agreements as short-term. It said they are for two years and that four-year contracts were typically negotiated in the past. The tentative agreements, however, still must be ratified by the members.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, August 31, 2016

ROSEMARY WESTWOOD
in Vancouver

The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters.

Rosemary is in Vancouver all week, reporting on the major issues facing the city. Today: housing.

It is, in the context of Vancouver's mad open houses of late, a tame event. A half-dozen rental hunters, a modest one-bedroom suite for $1,300 in the city's Mount Pleasant neighbourhood, with a closet-sized kitchen from the 1970s and plenty of natural light.

Not, notes the property manager, the typical showing.

"My vacancy is near zero. When I put an ad out, I get 80 responses," he tells the small group I've joined (strictly, thank God, in an observer's capacity), in a borderline brag.

Like we need the reminder. The cost of buying a home in Vancouver grabs most of the headlines, but it's an equally dog-eat-dog world out there for renters. "It's insane," one woman at the open house tells me. She saw a place at 9 p.m. one night last week, and it was rented by 8 a.m. the next morning. Some landlords expect thousands of dollars in rent on the spot. One apartment she looked at had jumped from $800 a month to $1,300 a month in two years.

Another woman had been away from the city for a year, only to return to the skyrocketing rent prices. "I came home, and I was like, 'What the hell happened?'"

There's no time to make a decision, the first woman adds, but you want to make sure you like the place you choose, because God forbid you have to move out any time soon and face another surge in rent.

If I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice

As a result of all this, the property manager — a soft spoken but chatty man who's been in the business for decades — says he's fielding applications for some high-priced condos from the highly unqualified, who are hoping to carry a $2,500 monthly rent with a student loan. "People are applying who can't afford it. What are you doing here? You can't afford this!" he says.

SO MANY UNITS, SO FEW VACANCIES The Vancouver rental market is the forgotten real estate disaster in a city full of them. METRO FILE

Then, among the more qualified, there's the pressure to pay above-market prices. One Metro colleague spent weeks searching via open houses with dozens of other renters, a.k.a. competitors (he even found himself relieved that one man with a cane would probably be cut from the list). His "happy" ending: He now pays 30 per cent more in rent than he used to, and that's after he was forced to fork over his first payment a month early, to secure the lease (he's also renting out his old place on Airbnb to cover his increased monthly expenses).

The story is the same in Victoria. One friend witnessed a guy "who took a zillion applications at an open house and then let the final chosen ones price-bid each other. Makes me want to barf."

From another renter's point of view: "Victoria is rife with opportunistic scum."

"I listed my condo in Victoria this month and got over 100 emails," noted another friend and Victoria landlord. "The market is insane."

There's even a Nanaimo rental crunch, and the story of a woman who had to resort to Airbnb listings to find a long-term rental.

Meanwhile, as my colleague Wanyee Li reports today, some are buying condos especially to rent them out on Airbnb. One former condo owner told Metro that she was shocked to find her old unit, which she had sold weeks earlier, listed on Airbnb by someone who had a dozen other properties.

But the chatty property manager at this showing would likely be unsurprised about such a hustle. With all the costs that go along with being a landlord, he says, including unexpected expenses for new building regulations and rising property taxes, with only a fixed 3 or 4 per cent annual rent increase allowed, "you're not making a profit. That's a fact."

"(Rent control is) limiting the revenue, and your expenses are going up. So what do people do? They dump the property.

"Ten or 15 years ago, there was a lot more vacancies downtown because people were buying condos," he added. Now those once potential buyers have become reluctant renters, pushing up demand, prices, and the sense of desperation.

"Tenants have a sense of entitlement: I deserve to only pay this much rent," he says. "That's kind of what it is,"

Some, perhaps. Many would just like rent to cost the 30 per cent of income that affordability experts tell us it should. And while some rents might not be keeping up with the property taxes, neither are many people's incomes. Landlords might feel stuck by leases, but renters feel stuck with few options. And while being a landlord is a choice, finding a place to live? Not so much. Which is why, if I had to place my sympathies with cash-strapped landlords or cash-strapped renters, I'd find it an easy choice.

The women at the open house agree affordability is a pipe dream, and they — like everyone else — take a three-page rental application. The stove might hail from the disco era, but the bathroom is new, and there's new wall-to-wall carpet, plus a balcony (next to the dumpster). All in all, for Vancouver, not too shabby.

Tomorrow: Lessons from the front lines of the fentanyl crisis

Return to peacekeeping won't be return to '90s

Paul Wells

Harjit Sajjan's office offered me an interview with the defence minister. This was more than a week ago now, after Sajjan landed in Vancouver from a week-long visit to Africa. And if you want the truth of it I sat on the interview for days because I wasn't entirely sure what to make of it.

After our conversation, Sajjan and two other ministers announced Canada will contribute 600 soldiers and $450 million over three years to United Nations peacekeeping. The sound of self-congratulation from some corners has been hearty. But a lot of what Sajjan told me stands as a useful corrective.

Please stow the noble image of blue-helmeted soldiers, sternly guarding a neat line between two carefully separated armies somewhere. Those days are gone and they are not coming back.

"This is not the peacekeeping of the past," Sajjan told me. "There's no peace to keep."

Traditional peacekeeping was a relic of 19th- and early 20th-century industrial war, when massed armies would hurl themselves at one another in ways that actually made them relatively easy to separate. Latter-day asymmetric combat, led in many cases by ragtag groups of militants armed with a few trucks and sidearms, follows no neat lines. Civilian and paramilitary groups intermingle, as do friendly and unfriendly armies. Allegiances shift. It's hard to even know where to send the blue helmets.

Sajjan and his colleagues need to make up a new way for Canadians to be helpful in Africa. That's the work he was pursuing when he visited Ethiopia, Kenya, Tanzania, Congo and Uganda. "This trip was about getting the direct facts," he said. "Because you need to get a really good, deep understanding of what's really going on."

Great. Going on where? Africa is three times the size of Canada, with more than 30 times its population.

"I've been quite honest about my approach on this," Sajjan said. "Just because I visit an area doesn't mean we're going to be contributing troops (there). And just because I didn't visit an area doesn't mean we're not going to be contributing troops."

So: Canada is sending up to 600 soldiers, plus some number of civilians, to provide expertise and services. Sajjan just doesn't know where yet.

This makes more sense than it seems to. In 2001, it was clear where Canadian troops were going: Afghanistan. They then spent a decade learning the regional politics and the infernally complex tribal sociology that affected soldiers' work every day. Sajjan wants to front-load the homework, and pick a mission later.

Sajjan's agenda may offer hints. Four of the countries he visited are big donors to UN peace operations. Uganda has about as many soldiers in the field as Canada is offering, Ethiopia 14 times as many. But the Democratic Republic of Congo has fielded only 20. But a UN force of 20,000 has been stationed in the DRC since 2010. It's a tricky business. All told, 102 soldiers have been killed in that operation.

Let's hold off on the self-congratulation until we know what our soldiers are getting into.

Paul Wells is a national politics columnist for the Toronto Star.

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Canadian IndyCar driver James Hinchcliffe is taking a spin on Dancing with the Stars

Tried and tested school lunches

RECIPES

Sandwiches get old quick — here, some ideas to inspire

1 Mini quiches — Ottawa dad Craig Stewart uses quiche as a solution to sandwich ennui. Use frozen pre-made tart crusts for an easy, make-ahead lunch. **2 Cumin-spiced tofu tacos** — Torstar life editor Mary Vallis swears her daughter scarfs these tacos down.

Short of telling your kid, "Eat what I make or else starve," there are ways to fuel them for the day with help from dietitians who have seen countless children of different appetites, as well as parents with go-to recipes that their kids devour when it's time for them to head back to school next week.

One of the best ways to broaden a child's horizons is to simply get the kids involved in making their lunches.

"It's not even the meal prep, it goes all the way to the grocery shopping and planning your meal" says Richmond Hill, Ont.-based registered dietitian Mahsa Esmaeili. "When they're involved, no matter what they're preparing they're more likely to eat it."

One mom from the Facebook group Bento Lunch Box Ideas-Canada told me she makes her own buns using a bread machine and her kids choose the fillings whether it's zucchini and chicken, or most recently, ham and egg. She says it gives the kids a sense of pride in having a say in their creations.

If kids don't like sandwiches, switch the vessel. Once a month, Ottawa dad Craig Stewart bakes a large batch of mini-quiches for his twin 13-year-old daughters.

"I've done spinach, ham, mushroom, asparagus, sautéed onion, peppers, leftover roast chicken, different cheeses, basil, chives. It's anything you think your kids will like or if you want to sneak some stuff in there, they tend to eat it," he says. To serve, he takes a few quiches out of the freezer and throws them into his daughters' lunch bags with an ice pack.

"You also want to incorporate different flavours, textures and colours," says Esmaeili.

Mini quiches

This recipe comes courtesy of Craig Stewart, an Ottawa father of two. Find boxes of pre-made tart crusts in the frozen section of the supermarket (Tenderflake is the most common brand). Use the egg and milk mixture as the base and substitute with fillings of your choice.

Ingredients:

- 4-5 strips of bacon
- 24 frozen mini tart shells
- 4 large eggs
- 2 cups (500 mL) milk
- 1/2 cup (125 mL) finely chopped broccoli
- Salt and pepper, to taste
- 1 cup (250 mL) shredded old cheddar

Directions:

1. Preheat oven to 375F

2. Arrange tart shells on a lined baking sheet. Set aside.

3. In a skillet over medium-high heat, fry bacon until browned and crispy. Remove from heat and let cool to room temperature on a plate lined with paper towel. Chop bacon into small pieces.

4. In a mixing bowl, whisk together eggs, milk, bacon and broccoli. Season with salt and pepper.

5. Carefully pour egg mixture into tart shells until full but not overflowing. Sprinkle cheddar on top of each tart. Bake for 25 to 30 minutes or until cheese is bubbly and eggs are set.

6. Let cool for five minutes before serving or let cool to room temperature before freezing up to 3 months.

Cumin-spiced tofu tacos

This recipe comes courtesy of Torstar Life editor Mary Vallis who for months now has been swearing that her daughter scarfs these down every time. Make this tofu mix ahead of time and use as much as you need to for the tacos.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 350g-brick extra firm tofu, drained and crumbled
- 2 tsp (10 mL) ground cumin
- 1/2 tsp (2 mL) chili powder, or more to taste
- 1 cup (250 mL) canned black or kidney beans, drained and rinse
- 1/2 cup (125 mL) fresh or frozen corn kernels
- Salt and pepper, to taste
- Grated old cheddar, to taste
- 8 hard or soft taco shells

Directions:

1. In a large skillet over medium-high heat, heat oil. Add tofu, cumin and chili. Sauté until tofu starts to turn golden brown. Add beans and corn. Continue to cook until corn starts to brown. Add salt and pepper to taste. Adjust seasoning as needed (ask your child for input). Remove from heat and transfer to plastic food container. Let flavours marinate for 10 minutes. If not using immediately, let cool to room temperature before refrigerating for up to a week.

2. To make tacos, fill each taco shell with about 1/2 cup tofu filling. Wrap tightly with plastic wrap and store.

TORSTAR NEWS SERVICE

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LEGAL TROUBLE

Chris Brown standoff ends peacefully

An aerial shot of Brown's home, where police patrolled on Tuesday. THE ASSOCIATED PRESS

Singer Chris Brown came out of his Los Angeles home peacefully Tuesday after an hours-long standoff with police who responded to a woman's call for help.

Police Lt. Chris Ramirez said several people were escorted from the residence after a search warrant was served.

No arrests had been made and everyone has been cooperative, he said.

Police said the woman who made the call for help at about 3 a.m. was not inside the hilltop estate in the San Fernando Valley. Ramirez did not identify the woman or elaborate on the assistance she needed.

He did not know if she was injured.

Brown's attorney Mark Geragos arrived at the home shortly before the warrant was served.

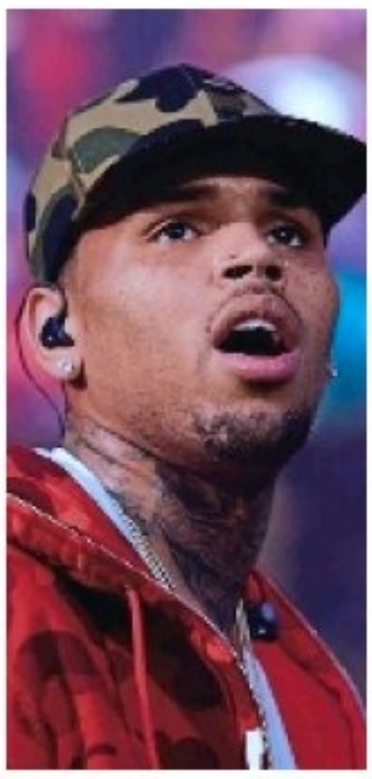
Earlier, Brown posted several videos to social media declaring his innocence. The singer has been in repeated legal trouble since his felony conviction in the 2009 assault of his then-girlfriend, Rihanna.

"I don't care. Y'all gonna stop playing with me like I'm the villain out here, like I'm going crazy," he said in one Instagram video Tuesday, waving a cigarette and looking at the camera.

"When you get the warrant or whatever you need to do, you're going to walk right up in here and you're going to see nothing. You idiots."

Calls and emails seeking comments from Geragos and other representatives were not returned Tuesday.

After several missteps, Brown completed his probation last year in the case involving Rihanna.



Chris Brown has been in repeated legal trouble since 2009. THE ASSOCIATED PRESS

In 2013, Brown struck a man outside a Washington, D.C., hotel and was charged with misdemeanour assault. The singer was ordered into rehab but was dismissed from the facility for violating its rules.

He spent 2 1/2 months in custody, with U.S. marshals shuttling him between Los Angeles and the nation's capital for court hearings.

In another incident while in treatment, Brown was accused of throwing a brick at his mother's car following a counselling session. It came after Brown had completed court-ordered anger management classes.

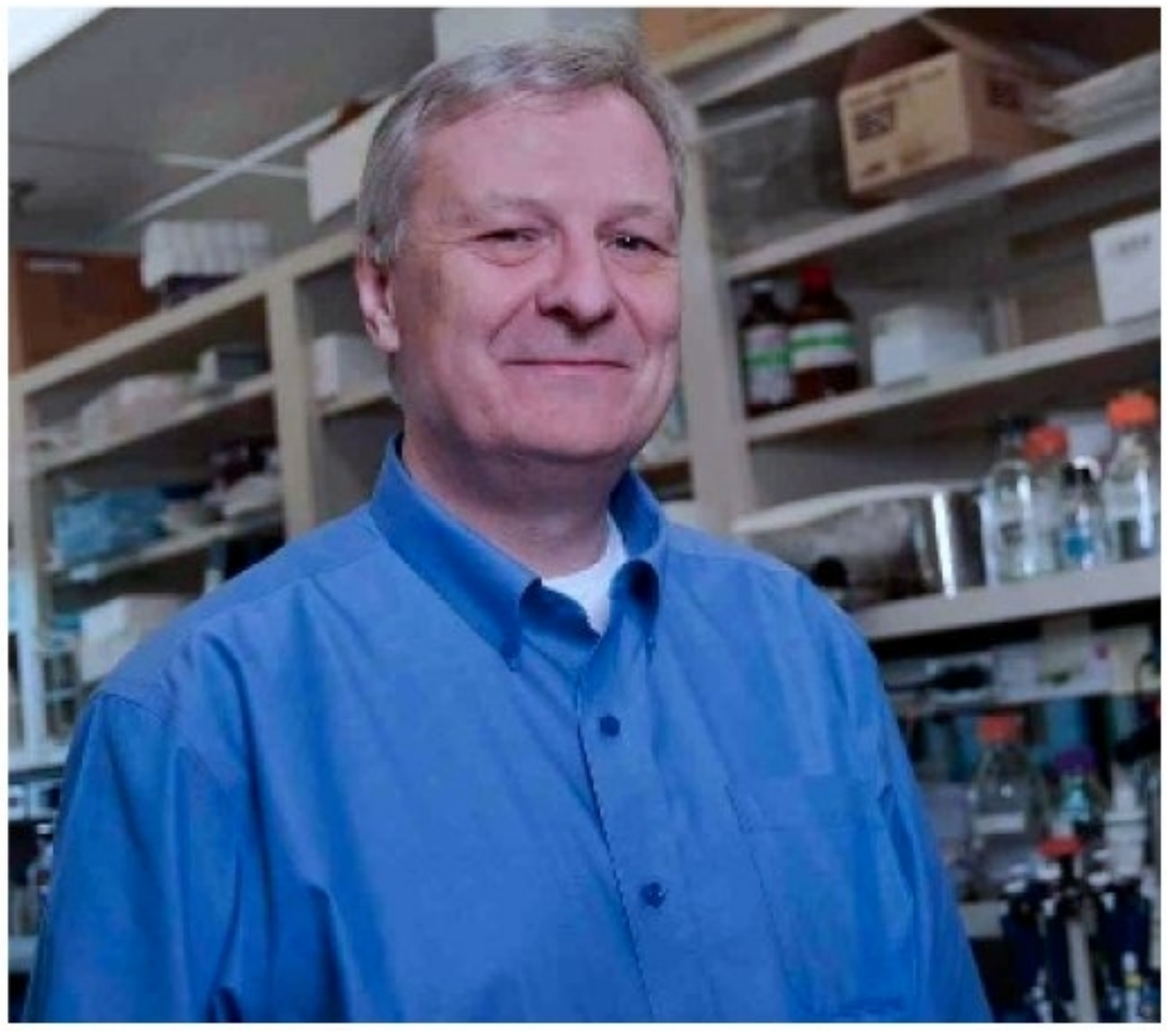
THE ASSOCIATED PRESS

How bias keeps women out of the science field

DIVERSITY

Training takes too long, shuts out youth, top biologist says

Genna Buck
Metro Canada



'We've been very selfish': Young scientists who spend a decade or more in training provide cheap labour for researchers, but many are being priced out of Ph.D.s, said Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute. CONTRIBUTED

Jim Woodgett, director of research at Toronto's Lunenfeld-Tanenbaum Research Institute and one of Canada's leading cell biologists, is fed up with the patchwork system of awarding funding grants for scientific research.

He says it leaves scientists lurching from project to project, not able to rely on steady work or take advantage of "serendipitous" discoveries — scientific lucky breaks — whose applications may not be obvious until years later.

He also thinks long training times are preventing "some of the brightest minds" from getting into science, especially women and young people.

His new manifesto, published on Medium.com, outlines how he thinks society as a whole — and funding agencies in particular — can "protect and nurture the best and most promising science and scientists" in Canada. This comes at the beginning of an independent review of the way the federal government funds fundamental science. He spoke to Metro about his call to action.

You want the scientific funding system to promote diversity. How could that be done in a fair way?

I think we're being unfair right now. Where's the scientific rationale if, when five female and five male scientists applying for funding, you don't get equal success rates for both? If not, there's something wrong. Among our students, about 65 per cent are female. Postdocs, it's about 50/50. Junior professors, it starts to drop so there are more males than females. Among professors, it's more like 70/30. Likewise with junior scientists. If 20 per cent of applicants are junior scientists, then 20 per cent of grants awarded should go to junior scientists. If not, what's going to happen when older scientists have retired?

We need to even the playing field. The U.S. National Institute of Health has adjusted its grant competition system to make sure the people successfully getting grants look like the people applying for grants. **What's the practical benefit of having gender balance?** If there isn't a gender balance, that probably means very talented women are not doing science. It doesn't maximize our intellectual abilities as a nation. I think a lot of that is unconscious bias. It also has to do with things like maternity leave.

You believe becoming a scientist takes too long. What's the problem with that?

We used to put people through quicker. Thirty years ago, my Ph.D. took three years and I did three years of postdoctoral studies. Nowadays it takes five to seven years to do a Ph.D. and five to seven years to do a postdoc. Do they really come out as better scientists? I don't think that's the case.

I say this as somebody who has contributed to the problem: We've made a cheaper workforce in science, because the students take longer. This is especially a problem in cities like Toronto and Vancouver. We pay $25,000 or $30,000. There are a lot of students who can't afford to do their Ph.D. Your income and your family's ability to support you has no relationship to your intellectual capacity. If we really want the best people to be doing science, we should be reducing the barriers.

> **If there isn't a gender balance, that probably means very talented women are not doing science**
> Jim Woodgett

You wrote that some of the most important recent discoveries didn't have a clear application at the time. How do you think the science funding system can capture that value?

The dirty truth is a lot of major findings that have a huge impact are serendipitous, they're not planned. If you look at an application for funding for something that is totally off-the-wall, it's not going to get funded. So people ask for funding for things that are straightforward. Then they get distracted from the original plan. That's essential.

The funding agencies want to be predictable, they want to hold people accountable. But (they shouldn't) force scientists to do what they say they're going to do. That's how you crush novelty.

MANIFESTO

Researcher Jim Woodgett wrote a nine-point plan for how Canada can promote science and train better scientists. Here are a few of his ideas:

- **Merge federal systems for funding science.** There are at least 20 different government programs for health research alone.
- **Support a base level of funding for scientists** instead of having them rely on grants. It shouldn't be determined by oversimplified measures like the number of papers published.
- **Support smaller centres**, outside of bit cities, through partnerships with major research institutions that get the lion's share of funding.

metro WHEELS
Your essential daily news
Lotus Elise 250 Special Edition Celebrates 50 Years in Hethel, England

A plug-in with plenty of power

TORSTAR NEWS SERVICE FILE

REVIEW

Impressive range alone makes this car worth it

Sami Haj-Assaad
AutoGuide.com

Hyundai's first plug-in vehicle is not a pet project or a limited-run experiment; it's a fully fleshed out evolution of the traditional hybrid Sonata that offers an eye-popping 966 kilometres of range.

And while the Sonata Plug-in Hybrid is still based on Hyundai's tried-and-true mid-sized sedan and not built from the ground up like the Volt and Prius, the Korean automaker still manages to make its green vehicle stand out.

Getting the basics out of the way, the Sonata Plug-in Hybrid looks nearly identical to its non-plug-in counterpart, save a few updates. There's also a unique alloy wheel design, and plug-in Hybrids are available in four exclusive colors: Pewter Gray Metallic, Diamond White Pearl, Eclipse Black and Seaport Mist.

The interior also gets Plug-in specific updates, including a new gauge cluster that helps drivers indicate the battery's state of charge. There's a blue pearl leather interior option that features contrasting stitching, too.

The biggest and most important change to the car's interior is a button that changes how the Plug-in prioritizes how it saves fuel. A hybrid mode uses the gas and battery mode together, while an EV mode puts priority on utilizing the electric motor to its fullest and depleting the big battery before firing up the internal combustion engine. A third mode uses the internal combustion engine like a generator to charge the battery and can be activated by holding the HEV button. In addition to the different drivetrain modes, there's a drive mode selector that modifies the steering and responsiveness of the car.

Unlike the normal Sonata Hybrid, there is no Sport mode, which is fine because the Plug-in feels more powerful than the normal Hybrid model. The slim lithium polymer battery pack of the Plug-in is now five times larger than its hybrid counterpart and the electric engine is 32 per cent more powerful, too. Unlike other fuel-friendly cars, the Plug-in feels lively when pressed.

Driving dynamics are typical of the mid-size segment, which is to say it drives easily and sedately. It's not razor sharp like the Mazda6 and skews closer to the Toyota Camry in terms of handling and comfort.

Like our experience in the Sonata Hybrid, the Plug-in is very refined, smooth and quiet. The transition from gas-electric hybrid mobility from pure EV is hardly noticeable and the regenerative brakes aren't overly grabby.

Not just a toy or proof of concept, the Sonata Plug-in Hybrid is fully featured.

THE CHECKLIST | 2016 HYUNDAI SONATA PLUG-IN HYBRID

THE BASICS

Engine: 2.0L four-cylinder paired to a electric motor, making a combined 202 hp
Transmission: Six-speed automatic
CAN Fuel Economy (L/100 km): 5.9 combined in hybrid mode, 2.5 in PHEV mode. Electric range of 35 km
Price: Starts at $45,914

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INTERVIEW

Genesis exec details luxury brand's uphill battle

Dan Ilika
AutoGuide.com

Hyundai is on an ambitious journey, spinning off its Genesis and Equus sedans into the foundation of a standalone premium brand.

And while much of that campaign will take place in Hyundai showrooms in the U.S. and beyond, the Canadian market will play host to a direct sales approach à la Tesla, where cars will be available for purchase through online sales and downtown retail and shopping mall locations across the country.

AutoGuide.com sat down with Canadian director of Genesis Motors, Michael Ricciuto, to get some insight into how the premium brand plans to operate.

The Genesis and Equus were pretty well received; how do you build on that success with a spin-off brand?
In 2009 we won North American Car of the Year with Genesis and that was our first attempt at playing in that premium segment. Then with the Equus — which to me was wonderfully executed — we've proven that we can build products that can compete.

> **The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment.**
> Michael Ricciuto, Genesis Motors

What makes the Genesis brand a viable venture?
We have the mass market brands, so we can leverage the economies of scale from that and design premium products that are a notch above. Plus, it also allows us to develop technologies that the premium segment will pay for, and then those technologies will work their way down into the mass market brands. Without that platform how do you develop things like head-up display? Because you're never going to do a head-up display and put it in a Sonata. It's just too expensive and you'll never recoup your investment. But you can put it in a (premium car), get the cost down and then, over time, work that into the other products.

What's going to set the Genesis brand apart?
We're going to have products that are very well equipped from the get-go. The G80 will have Nappa leather, open-pore wood trim, panoramic sunroof and navigation all as standard equipment. And really, when you get into this segment those are the features customers really want. Nobody wants to buy a base model luxury car with pleather seats and no sunroof, so why would we build it?

Ex Top Gear host's worst cars list

IN BRIEF

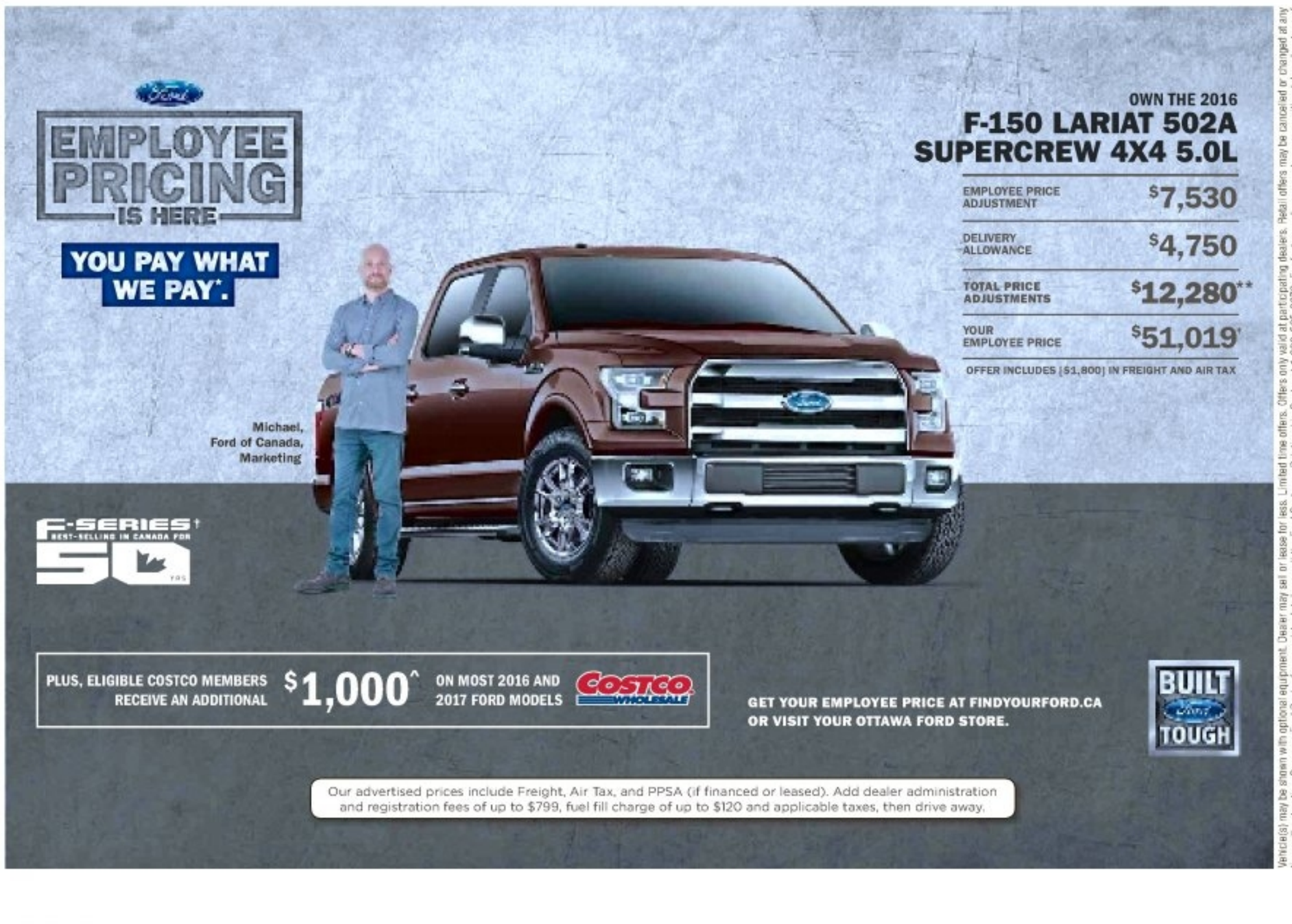
Chevy Colorado gets power bump
Chevrolet is updating the drivetrain in its midsize Colorado pickup truck, adding a new eight-speed automatic transmission and an updated 3.6-litre V6 engine. While the displacement remains the same, the new 3.6-litre features some updates to its variable valve timing and direct injection systems, helping it net 308 horsepower at 4,000 rpm. New for this year is also cylinder deactivation, allowing the engine to cut two cylinders while travelling on the highway to increase fuel economy.
The other major update is the addition of an eight-speed automatic transmission. STEPHEN ELMER/ AUTOGUIDE.COM

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

VAUXHALL ASTRA

Jeremy Clarkson's least favourite

After revealing his Top 10 Star Cars, Jeremy Clarkson has now done the opposite. The former host of Top Gear has listed his stinkers, cars that he just absolutely did not enjoy driving in the last year or so. Despite having a 1.6-litre turbocharged four-cylinder engine with 197 horsepower, Clarkson didn't have much nice to say about the Vauxhall Astra, for example. "I still had to cobble together some thoughts on the Vauxhall ... It was red and turbocharged and it would be fine for anyone who needed four wheels and a place to sit down when moving out. And now I'm out of space, which is probably a good thing, because I have nothing else to say about it."
JASON SIU/AUTOGUIDE.COM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Michael, Ford of Canada, Marketing
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F-150 LARIAT 502A SUPERCREW 4X4 5.0L
EMPLOYEE PRICE ADJUSTMENT $7,530
DELIVERY ALLOWANCE $4,750
TOTAL PRICE ADJUSTMENTS $12,280**
YOUR EMPLOYEE PRICE $51,019‡
OFFER INCLUDES ($1,800) IN FREIGHT AND AIR TAX
PLUS, ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL $1,000^ ON MOST 2016 AND 2017 FORD MODELS
COSTCO WHOLESALE
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BUILT FORD TOUGH
Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to $799, fuel fill charge of up to $120 and applicable taxes, then drive away.

metro SPORTS

Ryan Lochte isn't saying whether he'll return to Brazil to face a charge of filing a false police report over a gas station incident during the Olympics

Redblacks anxious to get back on winning track

CFL

Ottawa looks to end 2-game losing streak in Montreal

The Ottawa Redblacks are stopping short of calling Thursday's matchup against the Montreal Alouettes a "must win" game.

Still, they know the stakes are high. The Redblacks, who had a roaring start to the season, need a win in Montreal to avoid heading into a bye week on a three-game losing streak.

Two weeks ago the Alouettes (3-6-0) manhandled the Redblacks 43-19 in Ottawa.

The Redblacks (4-4-1) have no intentions of a repeat performance.

"This is big as you don't ever want to get on a losing streak," said Ottawa head coach Rick Campbell. "This is a big game for us. They're all big, but this is a big game for us and there's lots of things at

Duron Carter GETTY IMAGES

stake.

"A winning record, season series against them — it's the last time we're going to play these guys in the regular season so there's a lot on the line. I expect a spirited game."

Unlike last season where everything seemed to fall into place, this Redblacks season has been full of challenges whether it be injuries to key players, costly penalties or just poor decision making.

The Redblacks take full responsibility for where they're at and say expectations haven't changed.

"A football game is usually determined by two or three plays, one touchdown, one slipped coverage or one fumble," said defensive lineman Zack Evans. "It's always determined by one or two plays and for us we've been shooting ourselves in the foot a lot.

"It's always been about us and what we do and don't do. If we fix a couple things I think we're right back on track."

Trevor Harris, who will get the start at quarterback for Ottawa this week, says no one is satisfied with where the team is at right now.

"You look at the standings and say 'oh we're in first place (in the East Division)', but 4-4-1 is not what we wanted to be and not what we saw ourselves as especially when we were 3-0-1 at one point. We just have to make sure we're doing everything we can to be the best team we can because if not we'll start to slip to the middle of the pack and I really believe we have a great team here."

One benefit for the Redblacks is they won't have to worry about dealing with Duron Carter. Last time the two teams met Carter played a significant role in the Alouettes' victory with five receptions for 126 yards and two touchdowns, but he will be serving a one-game suspension Thursday night as a result of an incident that took place June 30th when he knocked Campbell over after scoring a touchdown. THE CANADIAN PRESS

Redblacks receiver Chris Williams makes a leaping catch against the Alouettes' Bear Woods on Aug. 19 at TD Place Stadium. JUSTIN TANG/THE CANADIAN PRESS

NFL

Cowboys still have faith even without Romo

Jason Witten stood in the posh locker-room at the new practice facility for the Dallas Cowboys, addressing a topic that came up frequently at musty old Valley Ranch — as recently as last year.

Quarterback Tony Romo is hurt again, and his favourite tight end is here to tell you the Cowboys can make it work without him. Even though they went 1-11 last season with Romo sidelined twice by a broken left collarbone.

Now Romo has a broken bone in his back — his fourth back injury in less than four years — and no timetable for a return. Witten would also like to remind people that the player he came into the league with 13 years ago once returned to a game with broken ribs and a punctured lung.

"People are going to bet against him, that's fine, and I don't think that's unfair to do so," Witten said. "But if you know what he's about, which everybody in this building does, he's going to be back sooner than probably expected and he'll play better than anybody thought he would because I know that's what he's about."

Tony Romo GETTY IMAGES

Owner and general manager Jerry Jones said the Cowboys were finished waiting for star players to return after injuries to Romo and receiver Dez Bryant and suspensions for linebacker Rolando McClain and defensive end Greg Hardy set the tone for a first-to-worst slide to 4-12.

> **We've got a chance to develop that energy, that asset so to speak with Dak.**
> Jerry Jones

In keeping with that vow, Jones is talking up rookie fourth-round pick Dak Prescott, who figures to start at least the first few games as long as he's healthy, starting with the opener Sept. 11 against the New York Giants.

And Prescott has been impressive enough in the pre-season for Jones to lose interest in adding a veteran after backup Kellen Moore broke his right ankle in a camp practice. Romo's injury forces the Cowboys to look outside for a quarterback, but now it will be a backup to Prescott instead of to the team's 36-year-old leader. THE ASSOCIATED PRESS

U.S. OPEN

Bouchard ousted in 1st round

Canadian tennis star Eugenie Bouchard made an early exit from the U.S Open after losing 6-3, 3-6, 6-2 to Katerina Siniakova on Tuesday.

Bouchard appeared to struggle with her serve in the third set after having her foot bandaged during a medical timeout. The native of Westmount, Que., was broken three times by Siniakova in the final set.

Overall, Siniakova had 19 break-point opportunities in the match. Bouchard saved 15 of them.

The 39th-ranked Bouchard seemed like she was making a comeback after dropping the first set.

19

The number of break-point opportunities Bouchard had against her.

Leading 4-2 in the second set, Bouchard survived three break points, rattling Siniakova, who flipped her racket in disgust after hitting wide on a long rally to level the game at deuce.

Bouchard also faced break point while serving for the second set but recovered and won when the 72nd-ranked Siniakova hit into the net.

The match seemed to turn when Bouchard took a medical time out to have her foot attended to before the third set. Siniakova took an early 2-0 lead with a break in the set's second game.

Bouchard got that break back in the third game and then won the fourth to tie it at two, but Siniakova took over from there. The Czech player won the next four games, breaking Bouchard for the victory and setting up a second-round match with France's Caroline Garcia.

THE CANADIAN PRESS

Eugenie Bouchard GETTY IMAGES

BPL TRANSFER WATCH

Arsenal strengthen, Hart nears City exit

Arsenal bolstered its striking and defensive options by signing Lucas Perez from Deportivo La Coruna and Valencia defender Shkodran Mustafi on the next-to-last day of Europe's transfer window, while England goalkeeper Joe Hart's departure from Manchester City grew closer on Tuesday.

Arsenal manager Arsene Wenger has been trying to buy a striker since the end of last season, only to see bids for Leicester's Jamie Vardy and Lyon's Alexandre Lacazette get rejected. With time running out to add to his squad, Wenger settled on the 27-year-old Lucas — a scorer of 17 goals last season.

British media reported Lucas will cost Arsenal about 17 million pounds ($22.3 million) while highly-rated German international defender Mustafi will cost over double that at 35 million pounds.

Arsenal was also among the top English teams attempting to trim their squads in the final hours of the transfer window. England defender Calum Chambers was in Middlesbrough to complete a loan move from Arsenal to the promoted Premier League club, and Chelsea loaned France striker Loic Remy to Crystal Palace for the rest of the season.

Lucas Perez GETTY IMAGES

Hart was on the verge of leaving Man City on loan, too, having landed in Italy to tie up a move to Torino for the remainder of the season. Hart has slipped to third-choice goalkeeper at City, behind new signing Claudio Bravo and Willy Caballero.

Hull signed three players: England midfielder Ryan Mason from Tottenham for an undisclosed club-record fee, Scotland goalkeeper David Marshall from second-tier team Cardiff, and striker Will Keane from Manchester United. THE ASSOCIATED PRESS

The Capitals' Braden Holtby is one of the players who has asked for a more level playing field. JUSTIN K. ALLER/GETTY IMAGES

New goalie gear delayed

NHL

Manufacturing hold up means trimmer outfit may arrive late

NHL goalies won't look as trim as expected this season because of delays to an ambitious redesign of their bulky equipment.

NHL officials at the general managers' meetings in March said the league and the NHL Players' Association were planning to introduce equipment more befitting of a goaltender's actual size this fall, perhaps even in time for the World Cup of Hockey.

Now it's appearing likely that only some pieces of new gear will be ready for the upcoming season. A complete overhaul isn't expected to be finished until the 2017-18 campaign.

"I wish no one said that we were going to have this ready for this season because I think that was an aggressive timeline to say that we would have that done," Mathieu Schneider of the Players' Association said in an interview with the Canadian Press. "I'm 100 per cent confident that we're going to achieve our goal, but I'm not sure if and what parts we're going to be able to try to implement this year."

"It's been a real battle to get this change put in," Colin Campbell, senior vice-president and director of hockey operations with the NHL, added in a separate interview. "And hopefully we'll get it done."

Reductions were to be made to the pants and upper body equipment, but it's now thought that only the pants stand even a chance of being ready when the regular season gets underway in mid-October. Certain elements of the altered chest protector gear may be available later in the year.

Both Campbell and Schneider said the biggest challenge was co-ordinating production of the new equipment with various manufacturers.

Changes have been urged by some of the league's top goaltenders — including the Devils' Cory Schneider and Capitals' Braden Holtby — who want a more level playing field. Bigger equipment was thought to be providing an unfair advantage.

THE CANADIAN PRESS

IN BRIEF

DeVos given newly created Canada Soccer role

Ex Canadian international Jason deVos has been named Canada Soccer's director of development.

In the newly created role, deVos will oversee the development of coaching and grassroots development programs across Canada.

THE CANADIAN PRESS

Vikings' pivot injured

Minnesota Vikings QB Teddy Bridgewater suffered a knee injury in practice Tuesday and the team was awaiting tests to determine how long he might be out.

Bridgewater went down during a passing drill. He grabbed his left knee while trainers huddled around him. THE ASSOCIATED PRESS

RECIPE Better Than Classic Tuna Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The additions of apple and pickle to this tuna melt give it a twist of great texture and surprising flavour.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.

2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.

3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.

4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.

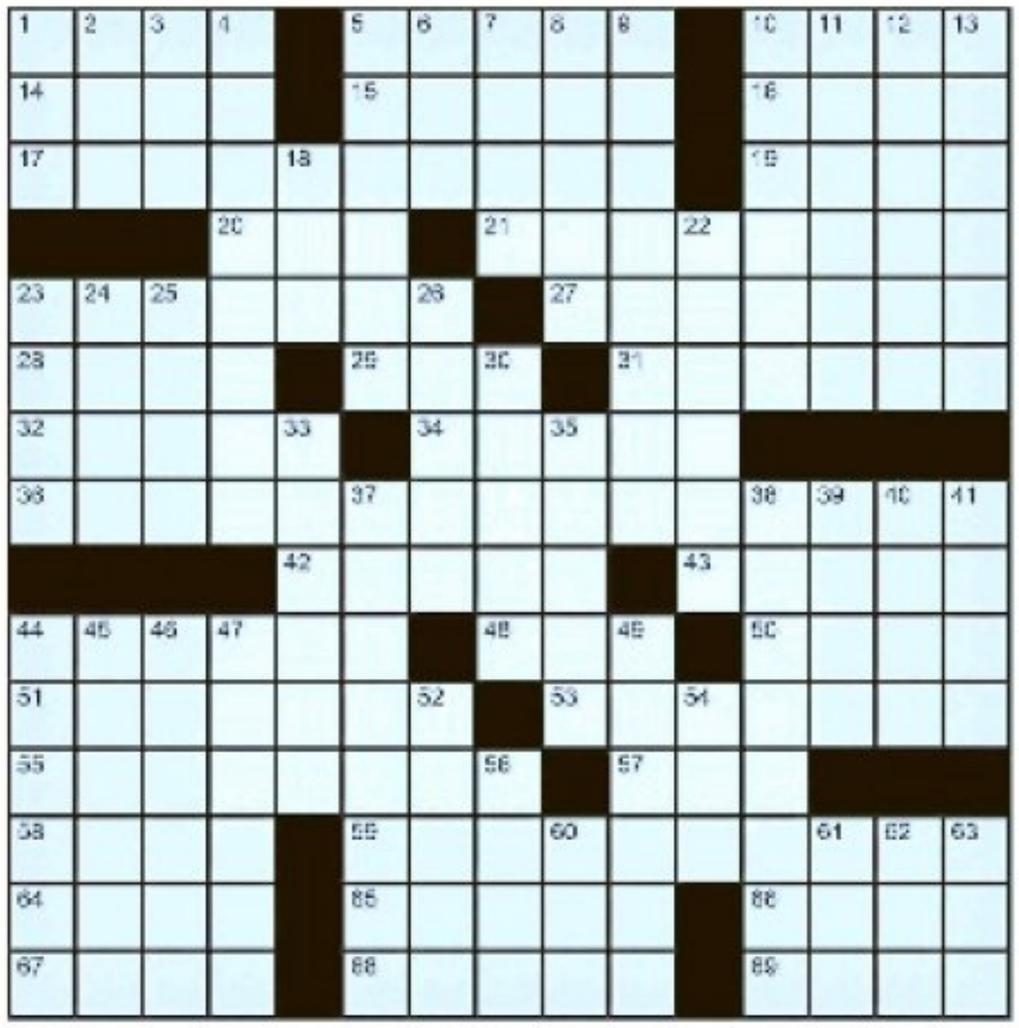
5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.

6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Taunt
5. The _ (1973) starring Paul Newman and Robert Redford
10. _ _. Wade
14. Person, place or thing
15. Bag carrier
16. Norse epic
17. Decipher a secret message
19. Prefix with 'algia'
20. Abner of comics
21. Refinement
23. Astronomical observatory site in California, _ Mountain
27. Signs up for the military
28. Eye part
29. Eur. country
31. Nan A. _ (Book publisher)
32. Keanu Reeves/Sandra Bullock movie
34. Administered, as medication
36. One of the islands of Iles de la Madeleine in Quebec that's a 'Haven-of-Houses'
42. Leg bone
43. American _ (Pago Pago's land)
44. Infamous movie of 1987
48. Yore
50. Wines: French
51. Sort of close by
53. Binds, surgeon-style
55. Hurt by a barb
57. Singer, Priscilla _
58. Mal de _ (Headache, in French)
59. The Allman Brothers Band's "_ ' _"
64. Frosts
65. Still _ _ (Maya Angelou poem)
66. First-rate
67. Brewer's kiln
68. Like many a window
69. Dispatched

DOWN
1. Wildebeest
2. Lithium-_ battery
3. Commuter's ride
4. One placing something in with the letter in the envelope
5. _ 17 (1953) starring William Holden
6. Mr. Cruise
7. Let _ _ by The Beatles
8. Writer Harper Lee's birth name, _ Harper Lee
9. Beneficial brewed/boiling beverage: 2 wds.
10. Hammer once more
11. Danish writer Hans Christian Andersen's birthplace
12. Inferences
13. Province in Italy's Lombardy area
18. Crater's edge
22. Michael _ (Portrayer of Paul Kinsey on Mad Men)
23. Cousin of 'Pshaw!'
24. Italian harp
25. Mr. Schreiber
26. Fix the movie soundtrack work
30. Ms. Roker of The Jeffersons
33. Attention to _
35. Little
37. Temporary runway
38. Gazelle's grasslands
39. Miss
40. Not any
41. Flippant talk
44. Ab _ (Latin for 'from the beginning')
45. And Muzak filled the air / From _ to Cuyahoga Falls. - The Pretenders, My City Was Gone
46. Rushings
47. Most honest
49. Used a phone number
52. I _ _ Symphony by The Supremes
54. 4's phone letters
56. Music key, _ _.
60. Mad Cow Disease letters
61. Curly's pal
62. Heart sister of Rock
63. Bring in

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Silly errors and delays at work will be frustrating for the next few weeks because Mercury is retrograde. Just grin and bear it. What else can you do?

Taurus April 21 - May 21
Old flames are back in your life, which might be fun or horrific. Creative projects will be slow to get off the ground. Past issues with children might resurface.

Gemini May 22 - June 21
Because your ruler Mercury is retrograde, family might be camped on your doorstep and eating you out of house and home. This will continue for several weeks. Have courage.

Cancer June 22 - July 23
Just accept the fact that the next month will be full of mistakes, transportation delays and misplaced items. You're not losing it, and this is only temporary. You will survive.

Leo July 24 - Aug. 23
Use the next few weeks to wrap up old money issues and deal with loose ends. Money that is coming to you might be late in the mail or delayed. Grrrr.

Virgo Aug. 24 - Sept. 23
Mercury is retrograde in your sign now, which hasn't happened for a few years. This brings people from your past, especially ex-partners, back into your world.

Libra Sept. 24 - Oct. 23
It is Mercury retrograde now, which is frustrating for many signs. However, for Libras, you have a great chance to do research and find answers to old problems.

Scorpio Oct. 24 - Nov. 22
Friends from the past are back in your life again. This could be reassuring, because it's always nice to have history with others.

Sagittarius Nov. 23 - Dec. 21
Some of you might be in touch with parents or authority figures you haven't seen for a while. You also might be able to successfully pitch an old idea to a boss.

Capricorn Dec. 22 - Jan. 20
Travel plans might be delayed or canceled because of Mercury retrograde. If traveling, it will be easiest to go someplace you have been before.

Aquarius Jan. 21 - Feb. 19
Use the next few weeks to wrap up loose ends regarding shared property, taxes, inheritances and debt issues. It will be surprisingly easy to do this.

Pisces
Feb. 20 - March 20
Issues with ex-partners are back on your plate again. In fact, some of you will be running into ex-partners! Might this be an opportunity for closure?

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		4		3		2		
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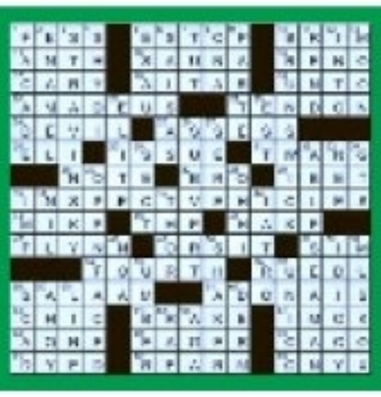
7				1				5
	6						3	
		8	4		9	7		

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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8	4	1	6	5	2	9	3	7
7	3	2	9	8	4	1	5	6
5	9	6	3	1	7	4	8	2

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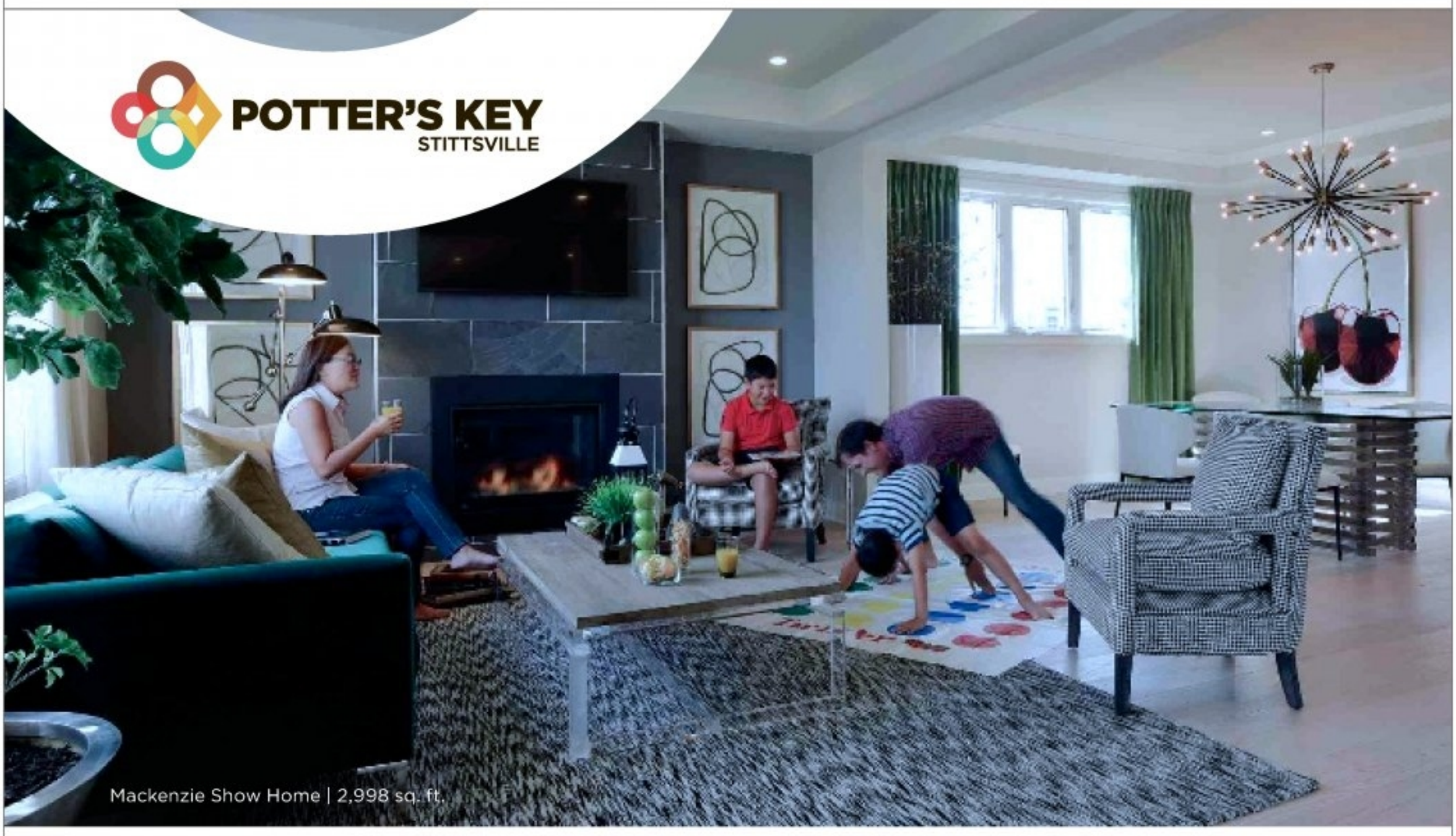

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